

## Walk-Bike-Bus-Rail

COAST provides advocacy, education and outreach to improve transportation options in the Santa Barbara and Ventura regions, promoting rail, bus, bike, and pedestrian access.

### How to reach us

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### E-mail discussion list

Participate in discussions of local and regional transportation issues; receive notices of meetings and events. Subscribing is free and easy. Just visit:

<http://groups.google.com/group/coastsb>

### COAST General Meeting

Our General Meetings discuss transportation issues affecting the Santa Barbara region. Meetings are open to the public. Location: 15 E. Carrillo Street, Santa Barbara. They are held the second Wednesday of each month, 12 noon to 1:15 pm. Please check our website for updates.

### Walking Wednesdays

COAST organizes monthly walking tours on the fourth Wednesday of each month that are free and open to the public. Check our website for schedule.

### Support COAST

COAST depends on you to create better transportation options in Santa Barbara and beyond. Support COAST by making a donation. Just use the enclosed envelope. Thank you!

## Our new Season of Walking Wednesdays

By Erisy Watt

COAST kicked off the 6th season of Walking Wednesday with a bang! In March, renowned green builder **Denis Allen** with special guest **Jeff Shelton** guided a lively group of over 40 people around the evolving architectural and business landscape of East Haley Street. In April, former Executive Director of Community Environmental Council and former Planning Director at the city of Santa Barbara, **Dave Davis**, led over 30 of us on a walk around the Waterfront. "Lots of history and development gossip plus a nice walk," said Dave.

Both walks were a hit and highlighted many of the unique attractions of our home by the sea. We've got an equally exciting schedule for the rest of the season coming up.

**May 25th- "Hidden Treasures of the Riviera,"** with Riviera resident **Karen Feeney**. She will show us some of the hidden stairways and pedestrian paths that have been part of the Riviera since the days of the street cars. Wear sturdy shoes and be ready to climb some pretty steep stone steps. Meeting place: Park in the lower parking lot for the Riviera Theatre and meet at the bottom of the stairs to the Riviera office complex.

**June 22nd- Anthony Grumbine** will return to lead one of his popular tours highlighting the varied architecture of Santa Barbara.

**July 27th- "Micheltorena Street"** with **Alex Pujol**, architect and former COAST



Wednesday Walkers admire one of Jeff Shelton's creations

board member. Meet at Alameda Park and walk west. Return on Sola.

**August 24th- Jeff Shelton** will lead a tour through some of his unique buildings.

**September 28th - "Santa Barbara Landscapes,"** with **Robert Adams**, landscape architect.

Walking Wednesdays is a series of free, local walking tours around Santa Barbara during the spring and summer months. COAST organizes these walks to promote safe, fun and educational walking in Santa Barbara as part of our Santa Barbara Walks initiative. The walks are on the 4th Wednesday of every month from March thru September from 5:30 to 7PM. Keep checking our website for updates and meeting locations.

We'd like to thank our sponsors, **Allen Construction**, **Harrison Design**, and **Stephen Murdoch**, for making Walking Wednesdays possible. We further thank our fabulous docents for sharing their expertise, and of course, everyone who comes out to explore and learn with us!

## Look who's joined our Board: Welcome Doris Phinney and Sally Tannenbaum

**Doris Phinney** was born in Ventura and has spent her life in Santa Barbara and Goleta, attending Harding elementary school, La Cumbre Junior High and Santa Barbara High School, receiving an AA degree from Santa Barbara City College and a BA from UCSB, majoring in Political Science. Upon graduation from UCSB, Doris began a 35 year career as a staff member, first in the Psychology Department, ending with the last 12 years as manager in the Political Science Department.

I love to ride my bicycle because the benefits are amazing. First and foremost the health and fitness benefits mean I can easily maintain my weight without restricting my diet and I have no health issues serious enough to require ongoing use of prescription drugs. I have an annual cycling goal of 8000 miles and I've completed those miles and more for the last nine years by using my bike instead of my car to shop and keep appointments. I even ride my bike to my hairdresser, who soon got over the fact that I was going to put a helmet on her efforts. I put more miles on my bicycles each year than on my car. The benefit to the environment and to my pocket for gasoline savings is very rewarding.

Because I experience the rewards of bicycling I want to share my enthusiasm and encourage others to bicycle more. Volunteering with Safe Routes to School has given me a chance to work with children, teaching them to ride safely.



**Sally Tannenbaum** attended UCSB and moved back to Santa Barbara in 2011. She was an associate professor in the Department of Communication at California State University-Fresno. Her areas of expertise were political campaign communication, civic engagement, and communication and learning.

Among her publications is the book *Research, Advocacy, and Political Engagement*.

Dr. Tannenbaum worked as a consultant on a number of political campaigns and served as a speech/political analyst for the Fresno NBC affiliate. She received her bachelor's and master's degrees in speech communication from UCSB, and an Ed.D. from UC Davis and CSU Fresno.

She was elected and served on the Fresno County Board of Education from 1996-2011.

She is married to Dr. Peter Tannenbaum, and they have three grown children — David, Paul and Katie. She has been active in a number of local organizations, including the Santa Barbara Women's Fund, the Santa Barbara Women's Political Committee, the Santa Barbara Education Foundation and the American Red Cross. We are excited to have Sally on board!

## Look who's joined our staff: Jody Nelson

Santa Barbara native, **Jody Nelson** has over 25 years of teaching experience with children and adults in the areas of physical education and film production.

Jody's professional background includes teaching private and public school physical education, presenting national and college level workshops on health and fitness and working with professional sports media. She has designed and led film production classes for youth and has produced three award winning short films about children and sports. Her purpose has been to provide guidance, direction, and vision regarding sports and wellness.

She received a Bachelor of Science degree from the University of Massachusetts, Amherst and an Associates of Arts Degree in Film Production from Santa Barbara City College and is a credentialed teacher and USSF certified soccer referee. Her passions include running, swimming and triathlon.

Jody is looking forward to sharing her skills and knowledge with the COAST Safe Routes to School programs.





# The Distance Phenomenon: It's closer than you think!

By Cassandra Ensberg

Like most of us, I used to drive everywhere. I never really thought about it. It was normal. Meanwhile, I had been wanting to get more exercise integrated into our lives by walking and riding bikes. One Sunday, my husband, Tom, and I decided to venture out and take the long ride out to UCSB on the Obern Trail starting from our home near Las Positas and Modoc. I always thought UCSB was pretty far out there, so you can imagine the surprise when, not long into the ride, we came around a bend to see Storke Tower ahead! I couldn't believe that we were already there so easily and quickly! The perceived distance versus real distance was a shocking realization that made me wonder. Why was I was thinking that everywhere was so far away that I had to use my car every time I needed to get some place? I am still scratching my head about this and how the use of the automobile affects the perception of distance so that we feel we have to use of the "auto mobile" (interesting name) for all of our transport as a result. Not surprising

since our current world has developed around the automobile as opposed to any other form of transport like walking or bicycle (and I have to include my favorite – the equine). We forget to even think there might be any other way!

That bike ride to UCSB made me realize: 1. how small our town is, 2. how close things really are, 3. how easy and fun it is to ride a bike or walk, and 4. How easy it is to incorporate daily exercise by changing the transportation choice - substituting my own energy for gas in my car!

Wherever you live – if you get on your bike or put on your walking shoes, you will be surprised at how much distance you can cover, how much more you will see and hear, and how good you will feel powered by your own energy! Try keeping your car in the garage more - save your automobile miles for long trips on the freeway to places that really are far away and that are perfect for driving!

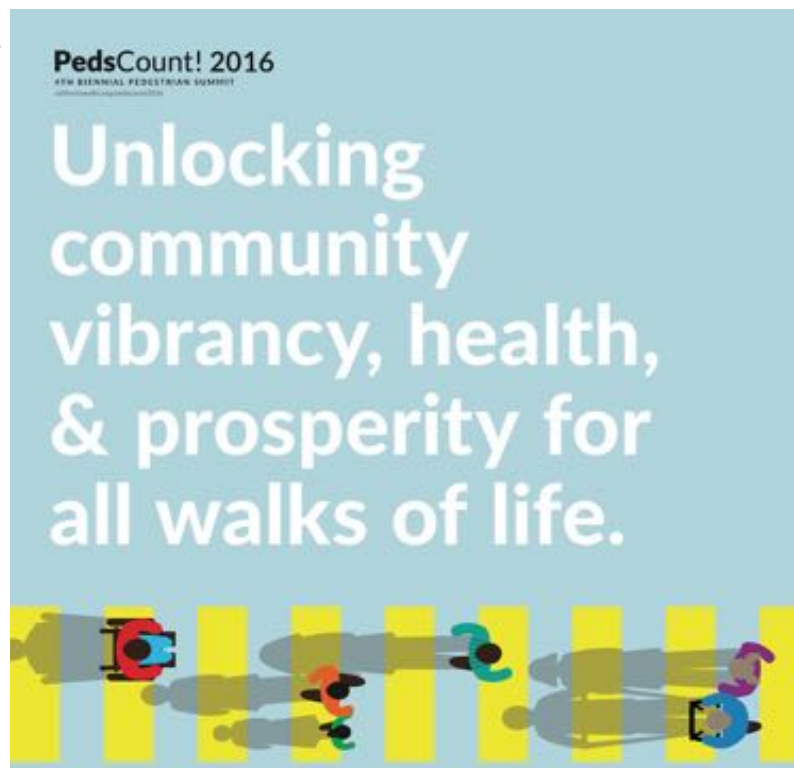


Tom and his bike at Goleta Beach

## COAST helps influence California State Policy

By Eva Inbar

COAST was invited to present on our **Eastside Walks** project at the 2016 **Peds Count! Conference** in Long Beach June 6-7. **Ana Rico, Erisy Watt** and **Eva Inbar** will be traveling there by train: We'll take the Pacific Surfliner to Union Station and the Blue Line to Long Beach. We will share the panel with Cultiva La Salud, a group from Fresno that works with Latino parents to improve their routes to school. The session is called "Latino parents speak up for Safe Routes to School." Eva will moderate the session, Erisy and Ana will talk about our five years of work with immigrant moms in the Eastside.



It is not too late to register for the conference and attend one or both days. Just google Peds Count! 2016, register and hop on the train!

On May 16 and 17, Erisy teamed up with **Eve Sanford**, Advocacy Director at SBBIKE, to attend the **Transportation Equity Summit and Advocacy Day** in Sacramento. Advocates from across California gathered to send a message to the State's leaders that we want real choices for communities of all colors. We envision a state where all residents have safe and abundant options, beyond the automobile, to get where they need to go: safe streets for walking and biking with convenient transit.



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*You are invited to our Annual Solstice Party*

**When:** June 25, 11:30 to 2 pm

**Where:** Heritage Oaks Bank (formerly Business First), 1035 State Street.

We will be watching the parade with front row seats. Lunch and drinks will be served.



**We thank our Individual Supporters**

We thank these people who joined COAST or renewed their support during the past three months: **Brian Fahnestock, Kenneth Hough and Jeannie Sparks, Kalon Kelley, Larry Bickford, Robert Else, Roger Horton, Steve Morris, Deborah Branch, Joan and Bill Murdoch, Kevin Young, Dennis Thompson, Ivor and Jean John.**

**We thank our Major Supporters**

We thank the **McCune Foundation, Cottage Health System, Sansum Clinic, the Santa Barbara 100 and Stephen Murdoch** for supporting our major projects. Further thanks go to our business sponsors, **Allen Construction, Harrison Design Associates, Deckers Outdoor Corporation.**